

BORONNDARA

Bicycle Users Group

Rides Supplement May 2014

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphijj@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

RIDING IN COMPANY PROGRAM

Bike Ride in Company - Monday

Enjoy riding with other bike enthusiasts on different rides each week. Mondays, 8.30am-1pm. Free with SHNC Membership.

Bike Ride in Company - Wednesday

Enjoy riding with other bike enthusiasts on different rides each week. Wednesdays, 8.30am-1pm. Free with SHNC Membership.

Bike Ride - Women on Wheels on Wednesday

A group that supports women to regain bike riding confidence and skills in a supportive environment. Wednesdays, 9am-12pm. Free with SHNC Membership.

Welcome! We ride every week on Mondays and Wednesdays and meet at 8.30am at the nominated meeting place. A coffee shop is found half way along our ride, mid-morning. We return by 12.30 pm - 1pm and usually ride 50 - 60 kilometres. If the weather is over 30° or raining, rides may be cancelled. You may choose to join in or peel off at any time during the ride. An email is sent out on the Thursday before the ride giving details to participants. Riders are asked to indicate their intention of participating in the ride. In keeping with the Surrey Hills Neighbourhood Centre's (SHNC) policy, all participants in this program require membership with the centre, \$8.00 per annum. Cyclists are encouraged to register with Bicycle Victoria www.bv.com.au and explore insurance options or join RACV Bike Assist Membership www.racv.com.au

Participants are welcome to put forward any suggestions for rides. For further information contact SHNC on Ph (03) 98902467 or email: info@surreyhillssnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Hawthorn U3A

Hawthorn U3A have three riding groups for different standards of riders.

TUESDAY CYCLING GROUP 9.30-1.00 TUESDAY

Usually commence ride at Sinclair Avenue Campus

The Tuesday Cycling Group rides weekly 30-50 km. on Melbourne bike paths. Two country rides are arranged each year. Participants must be able to ride at least 50 km.

WEDNESDAY CYCLING GROUP 9:00-12:30 approx

Start at Sinclair Avenue, unless otherwise arranged

Group ride for up to 20 participants every Wednesday. For competent cyclists with the ability to ride 60 – 70 kilometres.

MUNARI RIDERS - CYCLING 9.15-3.00 approx. FRIDAY

Start at SINCLAIR AVENUE CAMPUS Car Park [Melway 59-G6]

[1] Weekly rides approx. 60 km on Melbourne Bike Paths. [2] Two country weekend riding trips during the year.

Student prerequisites: Able to ride 60 km at average speed 18 km/h. Also must have suitable road/hybrid bicycle.

Note that it is necessary to join the U3A before joining any of these riding groups. See <http://www.u3ahawthorn.org.au/>

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2014

We ride 4 Wednesdays each month.

•The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. Ed Biggs and Sylvia Geddes will share responsibilities for choosing the short Rides. One of them will send an email out the day before, based on the weather forecast. The 2nd and 4th Wednesday rides are more challenging, (50- 70km) and will be lead by various riders in the group.

•We generally meet at 10am at the ‘Place to meet’ (see below). A coffee stop is found midmorning on the short rides. We take our own lunch and picnic together on the long rides, preferably near a coffee spot. Riders are welcome to join the ride along the way or cut the ride short at any point.

**Coffee is pre-ride at cafes nearby—take earlier train for this.

•If the temperature is 30°C or above on the day, the long rides will be cut short.

If a ride is to be altered from the published program including cancelling the ride, you will be notified by e-mail before 8pm the night before. Please check your e-mail on Tuesday evening after 8pm.

Please contact Janet Bennett by e-mail jfbpgb@bigpond.com or on 9853 9808 to discuss details. All riders are requested to join (COTA) Ph. 9654 4443 or website www.cotavic.org.au. We also recommend that riders consider joining Bicycle Network Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
May 7 th	Southbank footbridge	Short ride	Easy
May 14 th	Diamond Creek Station MEL 12 B6 Train dep. FS 8.40am arr. 9.37am.	<i>Diamond Creek Station to the city</i> – a quick coffee and then along the Diamond Valley Trail and the Main Yarra Trail. ~ 50km.	Med
May 21 st	Southbank footbridge	Short ride	Easy
May 28 th	Lilydale station MEL 38 D4 Train dep. FS 8.45am arr. 9.37am	<i>Lilydale to Warburton</i> and return ~ 80km. Joan Selby Smith to lead Some people may choose to drive their cars to the start. Coffee will be at Mt Evelyn after the first hill.	Hard
June 4 th	Southbank footbridge	Short ride	Easy
June 11 th	Southbank footbridge	<i>Woodlands Park ride</i> – Moonee Ponds trail to the Historic Homestead and return to the city. There will be the option of riding back from Bakery at Westmeadows and avoiding the gravel. Coffee and lunch will be at the bakery. Jacana is a bailout also. ~ 60km or 45km.	Hard with some hills.
June 18 th	Southbank	Short ride	Easy

	footbridge		
June 25 th	Flinders St. station for 9.32 Craigieburn train or Southbank at 10am	<i>Craigieburn to the city.</i> We will take the train to Craigieburn and return via Galada Tamboure (Hume freeway trail) and Merri creek trail to city or vice versa depending on the wind direction! ~ 45km.	Med

* Is when Janet is away

Whitehorse Cyclists Inc

Whitehorse Cyclists Calendar 2014

For public rides calendar see <http://whitehorsecyclists.org.au/index.php/calendar/>

Banyule Bicycle User Group—Rides Program

Rides start at Warringal Park (Melway Map 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. For more details contact Leigh 9432 9720 or Les 9435 0615. Note: rides may be varied to suit conditions.

EasyPaced Ride: Sundays 9:00am, half day with short break, byo food/drink. Contact Maurie 9439 1619.

NightRide: Wednesdays 8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

“Latte Group” Ride: Tuesdays and Fridays 9:30am (10:00am in winter) – relaxed pace with break for coffee/snack/chat. See program and details at <http://www.vicnet.net.au/~banylbug>.

HarderRide: Tuesdays and Sundays 9:00am. Friday monthly (80+km) 7:30am. BYO morning tea. Program below.

Manningham BUG

Manningham Bicycle Users Group is a group of cyclists who organise rides, campaign for improved facilities for cyclists and generally promote cycling in the area.

We welcome people of all ages and fitness levels, single people, parents, children, and grandparents. We just enjoy the pleasure of cycling, taking in the surrounding views and cafes.

The BUG is not a competitive club, it is a means for cyclists to get together to share their interest. We have social rides most weekends, around Melbourne, some long, some short. Occasionally we have a weekend away for a country ride.

We have a meeting on the 3rd Monday of each month at 8pm at the Pancake Parlour, 550 Doncaster Rd.

Ride Calendar April, May 2014

MAY

Fri 2nd – Sun 4th

Molesworth Weekend. 2 x 30-40 km rides. Details to follow.

Andre 0409 417 107

Sunday 25th

Woodend Wander. Details to follow.

Harvey 0459 768 392.

Note this is advance notice of rides and more details of each ride will be emailed closer to the ride date

Darebin BUG

Weekday Rides

Darebin BUG runs two weekday rides of up to 60km on Tuesdays and Thursdays. These are designed for riders who are reasonably fit and have some riding experience. Information about the destination and distance of upcoming weekday rides can be seen on the Darebin BUG Rides Calendar. These rides usually leave from Jika Jika Community Centre, corner of Plant and Union streets, Northcote, at 9.30am.

Contact Norm on 9484 4767 to confirm the start time and location, or if you are uncertain if the ride is suitable for you.

Weekend Rides for Beginners

Families on Bikes (FOB)

Kids in bike seats welcome! Kids in trailers welcome! Kids on training wheels welcome! Kids on tag-a-longs welcome! Kids on own bikes welcome! Want to ride for fun, exercise and to socialise? Join us on one of our easy rides designed especially for little kids, to one of Melbourne's many child-friendly destinations. Our motto is: No one's too slow; we're always happy to stop for a rest, play, snack, breastfeed or 'til a tantrum is over. Rides take place regularly and generally meet at a Northcote location, though you're always welcome to join us en route. Contact Kathy on 9489 4275, 0410 667 634 or kbrunning@optusnet.com.au.

Saturday Port Melbourne Rides

Weekly rides for those looking for longer, easy rides. Depart from the carpark of Rushall Station, North Fitzroy, at 9.30am and ride to Port Melbourne and back along bike paths, about 20km.

Contact David on 9870 1084

Weekend Rides for Experienced Riders

Saturday Training Rides

Various rides leaving the Jika Jika Community Centre, corner Plant and Union streets, Northcote, near Westgarth train station, at 9am sharp for four hours maximum (back in time for lunch) for experienced riders. There are different destinations each month, with rides going up to 60km and averaging 20-25kmh.

Contact Yannick on 0438 785 450 or yannickvergou@hotmail.com

Sunday Excursions

DBUG runs monthly rides to various destinations, often with a food or wine element. We might be heading to the beach, the RAAF Museum, the Donnellybrook Cheese Factory, or just exploring Melbourne's bike path network, with distances of up to 60km.

Contact the rides coordinator at rides@darebinbug.org.au.

Extended trips

The group runs regular weekends away, usually centred around long weekends such as Easter. Contact rides coordinator Wolter Kuiper on 0404228382 or rides@darebinbug.org.au for details on these rides.

The Rides Committee is looking for people who are interested in arranging and leading a ride, undertaking ride leader training or in gaining leadership experience by co-leading a ride. Contact the rides coordinator at rides@darebinbug.org.au

Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the

start of the ride. Darebin BUG has public liability insurance - please note this does not cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

Last Updated on Thursday, 03 March 2011 04:18

The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

MooneeBUG

Every Tuesday Night: Join the Tuesday night regulars for the "Cappuccino run" from 6.15pm. Meet at the Afton St Footbridge. More details by calling Laura, AH 9337 9839 or BH 9823 1540.

Friday Bike Rides: The Cross Keys Cruisers meet at Cross Keys Hotel car park in Essendon at 9am every Friday the destination is decided on Friday mornings. The majority of riders are 50+ years old and male but anyone can join in. For further details please contact John 9370 7829 or Max 9378 3501.

Melbourne Bicycle Touring Club

Rides Calendar at <http://www.mbtc.org.au/club/ride-calendar>

For information on rides, please contact the Touring Secretary, John Hughes 0402 463 655, or at rides@mbtc.org.au.

About the Ride Gradients Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at payments@mbtc.org.au or write to them at PO Box 277, Carlton South 3053

YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>

Meetup Groups

Meetup has a Melbourne branch at <https://www.google.com.au/webhp?sourceid=navclient&ie=UTF-8#q=meetup+melbourne> A quick scan of this reveals numerous riding groups based in different parts of

Melbourne and conducting rides of various types and standards. If you're looking for a group to ride with it's definitely worth checking out.